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OGDEN WELCOMES FIGURE SKATER SARAH GRUNNAH TO THE COMMUNITY

OGDEN, UT (February 28, 2024)-Sarah Grunnah, a talented figure skater turned educator has been making waves on and off the ice since relocating to Ogden, Utah. In July of last year, Grunnah embarked on a new chapter of her life when she was announced as the new Assistant Professor of Theater at Weber State University. Grunnah, alongside her husband, relocated to Ogden, creating excitement within the skating community and the university's School of Performing Arts Department.

Originally from a background rooted in figure skating, Grunnah's transition to teaching integrates her love for the sport with her passion for theater. "I began skating when I was 2 1/2 in northern Minnesota," says Grunnah. "I did group lessons like most of the kids do when they start out, but then I started taking private lessons pretty early on. I was competitive skating for my entire youth up until I went to college."

Despite her involvement in figure skating, Sarah's journey into theater began after she decided to step away from the ice. Initially an English major, Sarah made the decision to step into the world of theater after a recommendation from her professor. "One of my professors suggested I explore theater be a dramaturg, a text-based role with opportunities for research and engagement in rehearsals." Her transition into theater shows not only her love for the art, but also revealed her talent for storytelling and performance. Although, Grunnah admits that she is not one who is meant to be on stage performing. "I wasn't a performer. I have acted but I do not particularly enjoy it. I would rather be behind the scenes and helping the actors prepare."

When asked if she views theater and figure skating as the same art form, Sarah admits that she sees an incorporation of elements such as movement, rhythm, and expression in skating and in her curriculum at Weber State University. "I didn't initially make a connection between figure skating and theater, they didn't really overlap me as I stopped competing at 18 and then I got into theater. The thing that I've been thinking about recently is how the two inform each other. The performance quality and mental preparation that skaters go through is similar to how actors prepare for a show. There's training that they need to do before they're even in rehearsal for performance."

Although Sarah's talent can be seen in her teachings and in work with her students, her talent extends beyond the stage. Alongside her husband, Christian Grunnah, a skilled power skating coach, the couple has become beloved members of the Ice Sheet community. The couple has created an environment within the community for skaters and performers of all skill levels to thrive in. As Sarah and Christian continue to share their passion for the sport, their presence in Ogden helps create a culture where athletes and artists can thrive in for years to come.

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